

FST5 serves YOU!



POLICE



FIRE



DISPATCH



CORRECTIONS



EMS

NEED HELP NOW?

If you are experiencing any crisis— work related, substance abuse, depression, relationships, financial, or any other, reach out by calling **1-833-34-STRONG**.

Our Vision

FST aims to reduce the stigma of receiving behavioral health services by providing 24/7 access to education, training and treatment in a confidential, easily accessible manner.

Our Mission

Our mission is to create and advance knowledge, prepare highly trained first responders, support and treat them and their immediate families and positively impact the communities in the State of Michigan.



FST5 was created in support of Police Officers, Fire Fighters, EMT's/Paramedics, Correctional Officers, Dispatchers, and their immediate family members.

The State of Michigan provided a grant and selected Wayne State University-Psychiatry and Behavioral Neurosciences, to partner with first responder professional unions and other interest groups to address the mental health needs of our first responders across all 83 Michigan Counties.

Program Partners and Collaborators

Police Officers Association of Michigan (*POAM*)
Fraternal Order of Police (*FOP*)
Michigan Department of Corrections (*MDOC*)
Michigan Professional Firefighters Union (*MPFFU*)
International Association of Fire Fighters (*IAFF*)
Michigan Civil Service Commission (*MCSC*)
Michigan Crisis Response Association (*MCRA*)
Incident Management Team (*IMT*)
Michigan 211
MICAL
Common Ground
2 The Rescue
Backing the Badge



For more information:
www.fst5.org



As a First Responder, your duty is to protect others.

We provide resources to ensure you can do the same for yourself.

www.fst5.org

Our Goals

Address work related stress and trauma amongst first responders and their families through an innovative, comprehensive and accessible array of services.

FST5 provides education, training and treatment to the First Responder community. FST5 promotes skill-building and mental strengthening to improve work-life balance, career longevity and reduce disruptive symptoms caused by overwhelming stress.

Our Resources

- Web accessible learning experiences
- Interactive website
- Mental health services with therapeutic options
- Education/Training Opportunities:
 - Critical Communication Techniques (CCT)*
 - Critical Incident Stress Management (CISM)*
 - Critical Incident Stress Debriefing (CISD)*
- Utilization of peer support programs
- First Responder Culture and sensitivity training

Treatment Options and Settings:

- In office
- Telehealth
- Telephone, text and email
- Web-based
- Services in your community

Mental Health Services Provided*

- Crisis Interventions
- Assessment of Suicide Risk, Violence, High-Risk Aggression, and Substance use
- Level of Care Assessments
- Medication Interventions
- Therapy (individual, family, group, couple and marital)
- Expert Consultation Services
- Other Types of Clinical Interventions (EMDR, rTMS, and S-Ketamine)
- Dance Movement, Art Therapy, Mindfulness, and Meditation
- Neurofeedback and Augmented Reality (available in 2022)

***Our independently licensed practitioners are sensitive to first responder culture**

